



A Skinny Bitch is someone who enjoys food, eats well, and loves her body as a result. It has nothing to do with how much you weigh or what size you are! Skinny Bitches come in all beautiful shapes and sizes and eat REAL WHOLE food.

Menu

Crafts and table: A sunset & seagulls seaside theme

Cocktail: Iced rooibos tea and berry champagne sparkler with raw honey and blueberries
 Speedy midweek silky butterbean, mushroom and organic tomato casserole
 Brown and wild rice pilaff with lentils, mushrooms, peppers & sprouts
 Baked Pangasius with a pumpkin seed and rocket pesto
 Whole-wheat couscous with roasted peppers and dates
 Spinach, strawberry and toasted coconut salad with a chia seed dressing
 Unbelievably rich but cream-free dark chocolate & raw honey mousse

Try and substitute the following:

- ♥ Sugar: Raw honey, coconut sugar, rice syrup, xylitol, organic REAL maple syrup.
- ♥ Oil: Coconut oil-even half and half if you dislike the taste
- ♥ Dairy: Only natural, plain yoghurt
- ♥ Salt: Himalayan, A Vogel Herbamare
- ♥ Peanut butter: Assorted organic nut butters like almond or macadamia
- ♥ Margarine: Organic butter/grass fed butter
- ♥ Sweets: Homemade Florentines and clusters, raw date rolls, Caring Candy
- ♥ Commercial chocolate: Dark organic chocolate
- ♥ Fruit juice and cold drinks: Filtered water, coconut water
- ♥ Cappuccinos: Espresso and herbal tea
- ♥ Vinegar : Raw, unfiltered apple cider vinegar
- ♥ Spices: Non-irradiated, steamed organic spices
- ♥ Full costume: Bitchy bikini

ICED ROOIBOS TEA AND CHAMPAGNE SPARKLER

Make rooibos tea with 2 cups boiling water, 2 teabags, 1 star anise and fresh mint
Sweeten with raw honey, xylitol, stevia or agave syrup, strain and chill

Pour in jug, top up with 1 bottle champagne, and garnish with lemon or blueberries and fresh mint

SPEEDY MID-WEEK ORGANIC MUSHROOMS AND BUTTERBEANS WITH TOMATO (4-6)

1-2 tablespoons organic coconut oil
1 onion, chopped
2 fresh garlic cloves bashed or a teaspoon of crushed garlic
2 teaspoons ginger
1 large pack organic brown mushrooms, sliced
2 tins organic tomato (Woolworth's)
2 tablespoons NoMu vegetable or chicken fond
1 tablespoon raw honey
1 can organic butter beans, drained and rinsed
Coriander to serve

- Heat the oil and fry the onion and garlic . Add the mushrooms and fry until soft
- Add the tomatoes and stock and simmer for 5 minutes
- Add the butterbeans, stir in the honey and serve with freshly chopped coriander

COOK'S Notes: This is a simple family friendly flavour, spice it up with curry, chilli or Indian spices if you wish

BROWN RICE PILAF WITH LENTILS, MUSHROOMS AND PEPPERS (8)

1 cup of organic brown or brown and wild rice, cooked with about 2 ½ cups water
1 tablespoon coconut oil
1 large or 2 small onions, chopped
1 large or 2 medium red peppers, chopped
1 large punnet brown mushrooms, sliced
½ cup snipped porcini mushrooms, soaked in ½ cup boiling water
1-2 stalks of celery chopped (or even 1/3 of a Woolies pack of celery fingers)
¼ cup organic tamari/ soy sauce/liquid aminos
1 tin of organic lentils, drained and rinsed
½ cup chopped fresh Italian parsley
1 small punnet sprouts (mung bean if possible)
Toasted flaked almonds to serve if not serving with fish or chicken

- Heat the oil and fry the onions and peppers
- Add the mushrooms and cook for a few minutes on high until the mushrooms start to brown
- Add the celery . When done stir through the sprouts, soy, lentils and parsley
- Add to the cooked rice and serve with flaked almonds or with fish

COOK's notes: This is a very condensed version you can use 1½ -2 cups of rice if you are serving this with a curry, casserole or a saucy dish.

BAKED PANGASIUS WITH PUMPKIN SEED PESTO (6)

6 pieces of pangasius fish fillets
1 punnet baby tomatoes on vine or Bella tomatoes with stalks
Parmesan optional

Pesto

¼ cup pumpkin seeds
4 anchovies
1 tub/30g baby rocket
½ tub/15g coriander
½ cup olive oil
¼ tsp black pepper
1 teaspoon fine Himalayan salt
1 teaspoon raw honey (just a small squeeze)

Dry fry the seeds till they start to pop. Cool slightly and process with remaining ingredients.

- Pop the tomatoes in the oven at 200 °C while you make the pesto
- Spoon pesto over the fish, pop in the oven with the tomatoes and bake for 10 minutes
- Serve with oven roasted tomatoes and shaved parmesan on top

COOK'S Notes: For a thicker pesto add parmesan or alternatively gluten-free bread crumbs

WHOLE-WHEAT COUSCOUS WITH DATES AND ROASTED PEPPERS

COOK'S Notes: Couscous is refined-it's made from wheat so it's not the healthiest option-use quinoa or bulghar wheat. That said whole wheat is high in fibre and a couscous salad with added nutrition is a healthier option than a sandwich or oven chips and it's a popular family pantry item because it takes 5 minutes to cook. Alternatively use half quinoa half couscous.

1 cup whole-wheat couscous
1 cup boiling water
1 teaspoon turmeric
1 tablespoon vegetarian NoMu fond
1-2 tablespoons coconut oil
2-3 red/yellow peppers cut into small squares
2 small onions quartered
1 teaspoon Himalayan salt or Herbamare to season
125g pitted dates sliced into small cubes
1/3 cup Miracles Plus Plus (pumpkin, flax, sunflower seeds)
Fresh baby rocket

To serve (optional) Danish feta

- Roast the seasoned peppers and onions with the coconut oil at 200 °C for about 30 minutes until blistered
- Place the couscous in a bowl and stir through turmeric
- Add the water and stock and cover until cooked and fluffy
- Combine the couscous, dates, peppers, seeds and fresh rocket or preferred herb

SPINACH, STRAWBERRY AND CHIA SALAD

Baby spinach for the base –organic if possible

½ cup fresh mint and basil scattered onto the leaves

1 punnet sugar snap peas

1 punnet strawberries, sliced

A handful of Energy berries (dried goji, cranberry and raisins)

Toasted coconut to serve (from Fresh Earth, fruit and vegetable outlets, health shops)

Danish Feta optional

Dressing

¼ cup half rice and half unfiltered apple cider vinegar or plain rice vinegar

¼ cup extra virgin olive oil

1 tablespoon raw honey , xylitol syrup or agave syrup

1-2 tablespoons chia seeds

- In a small mixing bowl whisk together the dressing and leave for 5-10 minutes to thicken
- Toss the strawberries in the dressing and pour over the remaining ingredients
- Serve with toasted coconut shavings

UNBELIEVABLY RICH BUT CREAM-FREE CHOCOLATE & HONEY MOUSSE

170g good quality (50% or 70%) chocolate

1/3 cup full cream organic milk

2 extra-large free range egg yolks

4 extra-large free range egg whites

2 tablespoons raw honey/maple syrup/xylitol syrup or granules

- Gently melt the chocolate in a double boiler and remove from heat
- Bring the milk to the boil and add to the chocolate (it will look as if it has split initially, keep mixing in with a small whisk until just combined
- Cool for a few minutes and then gently whisk in the egg yolks
- Whisk the egg whites, and add the honey until thick and glossy
- Add 1/3 of the egg white mixture to the chocolate and mix in completely. Fold the remaining mixture in gently
- Place in 4-6 small pots or 10-12 shot glasses using a piping bag . Chill for an hour and serve

To serve: grated orange zest or toasted coconut shavings. Serve this with bashed peppermint crisp and serve at a dinner party.

FOR THE DETOX contact Bjarne 0829696955 (1 week meals delivered daily)

HEALTH SHOPS

Fresh Earth in Emmarentia. Best selection, best lunch served, plus shop online

Fruits n Roots Bryanston –Hobart Centre. Homeopath on duty to assist you

Weleda pharmacy Pineslopes shopping centre-Natural pharmaceutical dispensary

Dischem: Nature source products-but beware of the poor quality coconut oil

A SUNSET AND SEAGULL THEME

Stockists

Chamdor

White underlay R49.99pm

Blue and White coastal cotton R69.99 pm

Mr Price

Baby blue coral R69.99 (on sale)

Starfish

Treasure chest R199

Blue lamp R299

Bubble fish on wine bottles (glass) R39.99

Mini white cupcake stand R29.99

Beach hanging sign R39.99 (on sale)

Seagulls R129.99 each

Other

White dinner plates Home etc on Sale

Mini white colanders Santos R72 each

Shells, sticks, vase my own

White shells R200 (4) Macaroon

Clear cutlery R235 In Good Company

Gift boxes In Good Company

Blue tin plates Wespac

White fake orchids Lifestyle

Moss R59-green or brown Lifesyle

Shell stencil R30 Craft section Lifestyle

Beach house wine Pick n Pay R39

Place cards (mint and white striped) Typo R40 (on sale)

Lighthouse, candle holders, vases-all old-my own

Sand pit sand Lifestyle R42 Wespac R37 large bag

White pales/buckets R18, R13 and R6 Chinese market Hillfox

Shell chocolates Woolies or Checkers

Shell moulds R29 Wespac

Homemade soap

Soap base-vegan and natural-The Soap Den from R45 per kg

Clear packets Wespac

Brown boxes In Good Company

Twine, cotton, ribbon to tie In Good Company

Decorative shells with pieced hole-R29 The Variety Shop

Labels: Google/ Etsy printable shell labels/tags